

**Safeguarding and Welfare Requirement: Health Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.**

## Food and Drink

### Policy statement

This setting regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating using resources and materials and always adhere to dietary needs, allergies and preferences. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

### EYFS Key Themes and Commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
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### Characteristics of Effective Learning

Playing and Exploring Engagement	Active Learning Motivation	Creating and Thinking Critically - Thinking
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### Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (See the Managing Children with Allergies policy.)
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We adhere to the Food Standards Agency Food Allergen 2014 guidance; having an awareness of the 14 allergens and recoding for reference snack items that contain allergens.
- If alerted to allergens causing an allergic reaction than an allergy risk assessment will be actioned.
- We include a variety of foods from the four main food groups: - dairy foods; - grains, cereals and starch vegetables; and - fruit and vegetables.
- We are a 'Nut Free Pre-School' and take care not to provide food containing nuts or nut products and are especially vigilant when we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of

vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.

- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide whole pasteurised milk.
- Staff or volunteers are not permitted to drink/eat or carry hot fluids or food into any area where children have access.

**Packed lunches** - We ensure that we;

- inform parents of our policy on healthy eating and our 'Nut Free Policy';
- inform parents of whether we have facilities to microwave cooked food brought from home;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraiche where we can only provide cold food from home. We discourage sweet drinks and request parents provide children with a fresh clean water bottle;
- Inform parents when providing grapes, to cut in half lengthways to reduce choking hazard
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
- As a 'Nut Free Zone' we deter parents from including nut based items into their children's lunch boxes to avoid possible cross contamination.

#### **Legal framework and Further Guidance**

Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs, Safer Food, Better Business (Food Standards Agency 2011)

#### **Other useful Pre-school Learning Alliance publications**

Nutritional Guidance for the Under Fives (2010), The Early Years Essential Cookbook (2009), Healthy and Active Lifestyles for the Early Years (2012)



Signed on behalf of Hook Village Nursery  
Chairperson

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